

5 WHAT IS CLAIMED IS:

1. A support apparatus with interchangeable inserts,  
the support apparatus, comprising: <sup>26</sup>  
an elongate body having a first side and a second  
<sup>38</sup>  
10 side disposed opposite the first side, the first side  
having a hook and loop fastening surface disposed  
thereon, the elongate body having a first end and a  
second end opposite the first end, the first and second  
ends capable of being attached to each other so that the  
15 body can be disposed in end-to-end fashion;

at least one <sup>200</sup> insert having a first side and a  
second side opposite the first side, the second side  
having a hook and loop fastening surface capable of  
cooperating with the hook and loop fastening surface on  
20 the elongate body.

2. The apparatus of Claim 1, further comprising:  
at least one <sup>35</sup> strap attached to the body at a first end  
of the strap and having a free second end disposed  
opposite the first end, the second end having a <sup>47</sup>hook and  
25 loop fastening surface disposed thereon, the strap  
having a cooperating hook and loop fastening surface  
disposed between the first and second end.

30 3. The apparatus of Claim 2, further comprising:  
an anchoring ring <sup>41</sup> attached to the body.

4. The apparatus of Claim 1, wherein the first side of  
the insert has a plurality of projections. <sup>Fig 6</sup>

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5. The apparatus of Claim 1, wherein the insert is  
hollow such that a cavity is formed therein.

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5 6. The apparatus of Claim 5, wherein a gel is disposed in the cavity.

7. The apparatus of Claim 5, wherein a liquid is disposed in the cavity.

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8. The apparatus of Claim 5, wherein a solid material is disposed in the cavity.

15 9. The apparatus of Claim 1, wherein the insert comprises a sheet of absorbent material.

10. The apparatus of Claim 1, wherein the insert comprises a magnet.

20 11. The apparatus of Claim 1, wherein the insert comprises a perforated material.

12. A support apparatus with interchangeable inserts, the support apparatus, comprising:

25 <sup>38</sup> an elongate body having a <sup>96</sup> first side and a second side disposed opposite the first side, the first side having a hook and <sup>29</sup> loop fastening surface disposed thereon;

30 at least one <sup>35</sup> strap attached to the body at a first end of the strap and having a free second end disposed opposite the first end, the second end having a hook and loop fastening surface disposed thereon, the strap having a cooperating hook and loop fastening surface disposed between the first and second end;

35 an anchoring ring <sup>41</sup> attached to the body; and, at least one insert <sup>200</sup> having a first side and a second side opposite the first side, the second side having a hook and loop fastening surface capable of

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5 cooperating with the hook and loop fastening surface of the elongate body.

13. The apparatus of Claim 12, wherein the first side of the insert has a plurality of projections.

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14. The apparatus of Claim 12, wherein the insert is hollow such that a cavity is formed therein.

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15. The apparatus of Claim 14, wherein a gel is disposed in the cavity.

16. The apparatus of Claim 14, wherein a liquid is disposed in the cavity.

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17. The apparatus of Claim 14, wherein a solid material is disposed in the cavity.

18. A support apparatus with interchangeable inserts, the support apparatus comprising:

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a base member "shaped to conform to the hand of a user", the base member having a first side and a second side disposed opposite the first side, the first side having a hook and loop fastening surface disposed thereon;

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at least one strap for attaching the base member to the hand of the user; and,

at least one insert having a first side and a second side opposite the first side, the second side having a hook and loop fastening surface capable of

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cooperating with the hook and loop fastening surface of the elongate body.

19. The apparatus of Claim 18, wherein the first side of the insert has a plurality of projections.

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FIG 16

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20. The apparatus of Claim 18, wherein the insert is hollow such that a cavity is formed therein.

10 21. The apparatus of Claim 20, wherein a gel is disposed in the cavity.

22. The apparatus of Claim 20, wherein a liquid is disposed in the cavity.

15 23. The apparatus of Claim 20, wherein a solid material is disposed in the cavity.

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